MY STORY

by

Chinese Canadian Seniors

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Chinese Canadian National Council Toronto Chapter
Suite 124, 215 Spadina Ave
Toronto, Ontario
M5T 2C7

Special thanks to:
Qiao Tang, Andrew Wu, Sara Chen, Annie Xu, Billy Li, Viola Mao, Jessie Li, Leanne Li, Jerry Gu, Lele Troung, Karen Sun, Esther Yip, Sherry Xie

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This book shares the stories of eight Chinese Canadian Seniors and their experiences, achievements and struggles in adapting to life in Canada. We hope that this will inspire and educate our community about the contribution that seniors make to society and the difficulties that they are able to overcome A special thank you goes to the seniors who have shared their stories with us in this book and the youth who conducted the interviews and wrote the stories.

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Yours sincerely,

Karen Sun
Executive Director
CCNCTO

Our Dedicated Volunteers

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"A person's value can not be measured upon his/her wealth and power, but upon the contributions to our society."

Happy Ambassador of the World Village

By Sara Chen

Yuncai Sun, a retired teacher, is always wearing a bright smile and talking kindly, even when sharing her past painful and challenging life experiences. Perhaps this is because she worked as a secondary school teacher for a long time in the past, or because she once experienced a near-death event, that granted her a much more thorough understanding of life.

When she was forty six years old, Yuncai Sun had the misfortune to be diagnosed with cancer. However, this physical and mental damage didn't break down her hopes to survive. She didn't surrender to the pain of illnesses and Death's grasp. After years of battling with cancer, she miraculously recovered. Her story was called "A Miracle" by medical professionals in China. Yuncai, who barely escaped from death, valued her life much more, and she regarded life's meanings and qualities with a deeper shade of understanding.

In 2001, Yuncai Sun had just retired from her job, and decided to emigrate from Beijing to Toronto. Failing to find people who could chat about life experiences in this country so far away from her homeland, she plunged into a deep depression. In countless nights without sleep, she considered thoroughly her situation, and finally she thought of so many other seniors in Canada who would be in similar situations. "Lacking spiritual support is

a problem most people must face some time during their lives," she thought. "Perhaps their situations were worse than mine. Then why don't we gather together to solve our problems?" Taking actions is better than sitting and thinking, and Yuncai's altruistic personality and attitude gave her the ability to save herself as well as others in need.

After becoming more acquainted with other seniors in the community, Yuncai met with a number of other prominent Chinese Canadian seniors in 2004 to form the "World Village Club"– this club provided opportunities to countless Chinese-Canadian seniors to participate in this new community. Seniors frequently participated in activities together, talked about their feelings, showed off their talents, and everyone worked together to produce a collection of stories. This book contained stories sharing every aspect of emotion in moving to Canada. Yuncai proudly said, any 6 people from the "World Village" community could plan out a music festival, showing the talent and leadership in this group.

Since 2004, the "World Village" has grown from only a dozen people at each event, to several dozen and attracted a large numbers of people living outside of the GTA. In these three years, the "World Village" created opportunities for seniors to meet one another, to get to know each other, and to build strong bonds of friendship. Seniors who joined this club were no longer lonely and bored. They have rediscovered the passion and energy within themselves. Early in the summer of 2006, some people must have spotted the event the "World Village" held in a lawn park in North York where the club members sang a revised version of "Two Butterflies" at the top of their lungs. The singing voices wavered in Toronto's sky, showing "World Village"s strong bonds.

When Yuncai was chatting with her senior friends about life in Canada, she noticed that transportation was generally seen as a big drain on seniors' energy and a barrier to an active lifestyle. Because of a language barrier, taking public transit can be a frustrating task for Chinese seniors to

accomplish. Unable to speak or understand what others are saying, not even able to understand the TTC subway map, has caused many Chinese seniors to be isolated and their lives fit into tiny cages. They are not free to go out to experience the local culture, nor participate in social events. If there was a TTC subway map specifically in Chinese, then these seniors could go out more easily. With this thought in mind, Ms. Sun then started the enormous project of constructing a TTC map all in Chinese with her husband Huamin Ge. Without any English language skills, this senior couple had to ask many people for help to pinpoint the accurate phonetics of every subway station name, including their niece and her friends. Yuncai and her husband also took subway together frequently, asking the subway drivers about station names, and confirming that their Mandarin pronunciations of those names were correct. In order to make this map, the couple, in their 70s, took countless subway rides, revised numerous map drafts, and questioned an enormous number of people about those station names. Finally, in 2007, the final draft of this bilingual subway map in both English and Chinese was completed. Many subway stations in Chinese look rather strange, but the interesting thing is that, whoever pronounces those names in Mandarin can immediately understand which station they refer to in English. This hand-drawn subway map became a treasure for many Chinese Canadian seniors immediately after it was published; almost all of them started carrying it whenever they leave home. To date, over 1000 copies of this map had been printed and distributed to Chinese Canadian seniors in different parts of Toronto.

Today, Yuncai's daily life is busier than ever; not only does she plan activities for the "World Village Club", and she also assists Chinese cancer patients from time to time. In this remote nation, she found her own spot to stand, and has actively helping other seniors to search for their own happiness. She is like a missionary, spreading messages of affection and happiness, never tiring, never stopping.

(Central page is the TTC map made by Yuncai Sun and Huamin Ge)

"Happy Ambassador" Yuncai Sun

"It is really enjoyable to talk with Paul. Thanks to his humor and wisdom, the interview with him was cordial and full of laughter. Obviously, he is an optimistic senior with a passion for life."

Living in Harmony with Determination and Tenderness

By Billy Li

Paul Qin graduated in geophysics at a university in Beijing in 1964 and started his career as an engineer. During his career of over thirty years, Paul was extensively involved in many important State construction projects in China. As a senior engineer in charge of aerial geophysical and satellite data processing, he spent twelve years on the TAKLA MAKAN Petroleum project. Since then, Paul started to work on the frontier of China's development and had access to new science and technology at an early stage. This experience fit with his probing instinct for new knowledge.

In the mid-1990's, Paul became interested in construction and co-founded an institute to develop new technologies for construction with his wife who is also a senior mechanical engineer. Some of their inventions have been successfully applied to many key state construction projects in Beijing, Tianjin, Shanghai, Chongqing, Guangzhou, Hong Kong and other regions, including the construction of the National Stadium- the main venue for the Beijing 2008 Olympic Games. Paul and his wife used to travel around China for business. They enjoyed a sense of accomplishment, but the increasing workload drove the couple to consider early retirement.

In 2006, Paul visited his son in Toronto. He was immediately attracted to the high-rise buildings in Toronto. Building design and construction in Canada are very different from China. Excited about learning more about the Canadian construction process, Paul gave up his original plan for relaxation and set new goals for himself. He visited the construction sites and spent hours in observing the construction process. Spending a lot of time in field observation and thorough reviewing of literature, Paul became familiar with the construction process in Toronto and published a paper in a Chinese journal. Then Paul had some new ideas and decided to register a construction service company in Toronto. His goal was to make a contribution to the construction technology sector between China and Canada.

To manage a company in Canada, one must master English. Paul actively sought all kind of opportunities to study English. He joined community English clubs and took part in different activities as a volunteer. As they became familiar with Paul, the community workers noticed that he was good at organizing work because of his optimistic and affectionate personality and invited him to assist in organizing senior related events. Paul has been spending a lot of efforts and time on volunteer work. Because he was not familiar with the way the community works, Paul made some mistakes at the beginning. To promote a project, he once tried to distribute the project flyers to some Asian seniors in a shopping mall. Some of these seniors were not Chinese and did not understand his intentions. The Chinese seniors thought that he was promoting a business. Both of these situations were embarrassing. But in spite of these difficulties, his sincerity and cautious attitude came through.

It is not a difficult job for Paul to organize seniors' events because he has the skill to assist those seniors – Tai Chi. Paul began his study of genuine Tai Chi exercises because he was weak as a teenager. He has been practicing Tai Chi for more than forty years. He was even involved in coaching for a Chinese and Japanese Tai Chi Show in the Asian Games.

Paul has a deep understanding of the benefits of Tai Chi for people's health, so he actively assists community centers to encourage seniors to practice Tai Chi. With patience and interpersonal skills, he has made friends with quite a few seniors in the community.

As a first-class Tai Chi coach, Paul even learned Tai Chi from an old lady whom he met in a community event. Paul was very pleased to accept her offer to teach him Tai Chi because he knew that the lady was not happy with her life and teaching Tai Chi might be helpful for her to gain confidence. The lady taught him carefully and corrected his "non-standard" postures. Paul would just follow her but never told her that he is actually an expert at Tai Chi. He said that the purpose was simply to make her happy. Now, the lady and Paul are good friends and she shares all her concerns with him. She is happier and more outgoing with Paul's support.

When teaching Tai Chi, Paul often communicates with his students the philosophy of Tai Chi and the learning skills. As one of Tai Chi's attributes, the combination of "determination" and "tenderness" can release powerful energy. This has also become an important attribute of Paul's personality. His seriousness is the determined part, while his kindness and sincerity are the tender part. The harmonious combination of these two characteristics has given Paul an inner strength and well being that shines throughout his life.

Paul practises Tai Chi everyday.

"Compared to other ambulance workers, Mr. Leung is more like a teacher. When we brought up his fifty years of volunteer service, he gently waved his hand and said 'that's nothing much'."

Five decades of Volunteering life

By Qiao Tang

It is not difficult for someone to do one good deed, but it's admirable for someone to fill her/his life with good deeds. Mr. Leung is the kind of person who has been doing things for others for all his life.

In 2001, Mr. Leung came to Canada from Hong Kong to reunite with his son. To a senior, living in a foreign land is more about confusion than novelty. In an unfamiliar environment with a different language, without Cantonese TV channels, and without the friends he had known for decades, Mr. Leung felt that his life was becoming frighteningly quiet and isolated. Compared to his busy and rich life in Hong Kong, he couldn't adapt to the quietness in Canada. In Hong Kong, not only did Mr. Leung have a stable job, he also volunteered for St. John Ambulance, which was even more challenging than his day job. His volunteering work at St. John Ambulance was to provide assistance and vital help to the medical team during emergencies. Saving lives from the brink of death, and working against the clock in critical conditions, was exciting and challenging work to Mr. Leung when he was young.

In order to join the St. John Ambulance volunteer team, Mr. Leung attended many training sessions and exams, and finally became an outstanding volunteer. This work was not easy; rather it was intense and

there was an opportunity to experience potentially life-threatening situations. One of Mr. Leung's colleagues was once infected with leprosy, a contagious disease. Despite the potential dangers volunteering at St. John Ambulance, Mr. Leung never gave up. He likes to contribute and help others, and this contribution has continued for fifty three years!

Influenced by his past, Mr. Leung wanted to volunteer at a hospital when he came to Canada. Hospitals are an environment that he likes and is familiar with. He believed that his skills could be valuable to others. However, he could no longer volunteer with the ambulance team. He was thinking of other volunteer opportunities at the hospital. After a few encounters with patients who felt helpless due to their language barrier, Mr. Leung thought of becoming an interpreter. He hoped that his English would be helpful. With this thought in mind, he started volunteering as an interpreter at Mount Sinai Hospital.

Before too long, he began to find interpretation work stressful. Because a hospital is a sensitive environment that requires good language skills, Mr. Leung felt he needed to improve his oral English. He set a high standard for himself at the community school that he was attending to improve his English. Not only was Mr. Leung the oldest student in the class, he was also the hardest-working. Although he was a senior and his memory was not as good as it used to be, he believed that constant efforts would bring success.

"If I can't remember it the first time, I'll do it ten times. If ten times is not enough, I'll practice it a hundred times. Then I will be able to remember." Mr. Leung said seriously. With his solid English foundation, and the 120% effort he put into his studies, his English improved dramatically, and soon after, he became the teacher's assistant. In his English class, he also met some Mandarin speaking friends, and gradually, his Mandarin improved as well. With multiple language skills, Mr. Leung could help patients with

different language needs. This made him even more excited to volunteer as an interpreter in the hospital.

At seventy eight year old, Mr. Leung speaks English, Cantonese and Mandarin, and his hard working spirit makes him an outstanding volunteer at the hospital. In addition to this, Mr. Leung volunteers at the community health center every Tuesday. Everyone admires Mr. Leung for contributing his time and energy to make life easier for others. Every time he assists patients who are nervous due to a language barrier, he feels gratified.

Mr. Leung never thinks about whether or not he should volunteer, because it has already become a part of his life. Mr. Leung considers the things he does for others as small and trivial things. He believes what he gains through volunteering is much more than what he gives to others. Being able to achieve self worth is what he likes about volunteering.

Mr. Guohua Leung with 59 years volunteer experience

"Born in war time, my kind mother passed away and my father worked very hard to support our poor family. To reduce the burden on my father, I took my two younger brothers and sister to Hong Kong" These two sentences adapted from Ms. Young's book "Hong Nong's Essay" illustrate the hardships of her childhood.

Live and Write with Passion

By Andrew Wu

Ms. Liyuan Young is a native of Shun De in Guangdong province. She was forced to quit school due to the outbreak of Second Sino-Japanese War. Influenced by the new ideas of the revolution, she fled from her arranged marriage made by her parents. Responding to the anti-Japanese slogan "Ten Thousand Youth, Ten Thousand Soldiers", Ms.Young joined the army. She marched northward to Qujiang following an anti-Japanese group, and then joined the Guangdong Province Elementary and Middle Teachers group and taught in a school for War Child. Ms. Young was fond of writing and painting. Unfortunately, all of her works were lost during her transient life. During the Chinese Civil War, she migrated to Hong Kong and worked as a teacher in a progressive school which was not accepted by the colony authorities. She had to feed herself and her two younger brothers with only seventy yuan per month.

Ms. Young has four daughters and two sons. Her children work around the world and spend little time with her. She is saddened that her second daughter died of cancer around ten years ago. Ms. Young's eldest daughter sponsored her to immigrate to Toronto. Many former colleagues and friends have migrated to Toronto from Hong Kong, so Ms. Young doesn't feel very lonely.

As a new immigrant, Ms. Young has encountered some unpleasant experiences. Once, she was lost in a shopping mall and could not find her way to the subway station. She asked a young man for directions, but when she followed his direction the security alarm was activated. She was too scared to move until the security guards arrived. The security guards told her that she was in a restricted area. She is still scared when she recalls this experience, "I was scared and angry. Why would a young man played a trick on a senior?"

Though it is not convenient to walk around alone as a senior, Ms. Young does not like to ask others for help. She lives alone in a seniors housing building. She enjoys her independence, except for medical appointments and shopping. However, her apartment is far from her daughter and friends, so she feels lonely at times. To pass the time, she often takes part in community activities: singing and learning English. However, she prefers reminiscing about the past with a cup of tea at home, writing down her stories and thoughts.

She has traveled to most parts of China and different countries around the world. In her articles, she describes the tulips in Ottawa; the beautiful beach in Vancouver; the cultures and traditions in Japan, Australia, and New Zealand; and reflections on community life. Her articles are rich in content and diverse in format. She is an expert in poetry and prose. Ms. Young was inspired to publish all of her articles in a book, after receiving a similar book from her brother. Her intention was not to earn money, but rather donate the profits to the community. After a long search, Ms. Young could not find a publisher. She decided to publish it by herself. 200 copies of her "Hong Nong's Essay" were given to community centers. Many people showed interests in her book and so far 20 people have made a donation. "I am very happy that they made donations." After all, her wish to help the community came true and her deeds motivated others to contribute.

Ms. Young currently suffers from neuralgia, and is unable to attend the community events frequently or write more articles. She joked that "she retired from writing". Ms. Young feels lucky to have published her book and to have donated it to the community centers while she was in the good health. Otherwise, she may not be able to share her valuable memories with others.

Mrs. Liyuan Yang

"The first time I met Wanqing, we barely noticed each other. I didn't realize she was the senior that I was about to interview. Her bright smile and her lively temperament were nothing like the miserable senior with a tough and bumpy life that I had pictured in my mind. She talks fast, and it's entertaining and humorous."

In search of Deprived Rights

By Annie Xu

Wanqing was born in the 1930s in Changsha, a capital city in the Hunan province of China. She was an executive in the performing arts propaganda team when she was in Changsha female primary high school. From participating in the revolution to joining the building of modern China, her life has been full of obstacles and challenges. She was weary after a lifetime of difficult experiences, and she hoped to reunite with her daughter and enjoy her retirement. She never imagined that that there would be another storm waiting for her.

In 2001, Wanqing came to Canada to visit her daughter and her son-in-law. Her son-in-law had just graduated from University, and found a decent job. Her daughter couldn't speak English very well, so she stayed home to take care of the household. Not long after, the couple bought a new house and sponsored Wanqing to reunite with her family. At first, everything seemed to be fine. Her daughter was obedient, and her son-in-law was kind to her. Other than helping her daughter with the housework, her leisure time was spent dancing and practicing Tai Chi. The family was happy and warm.

However, this happy life didn't last long. Wanqing's son-in-law lost his job. As a result of this, he became very grumpy and irritable. Sometimes,

he would be rude to her. Wanqing felt that since she and her daughter had no jobs and didn't share the financial responsibility of the house, she was always grateful that her son-in-law was the sole supporter of the family. Therefore, Wanqing tolerated his bad attitude. Eventually, the son-in-law found a new job, but the way he treated Wanqing became even worse. He often picked on Wanqing behind her daughter's back. Sometimes he would ruthlessly scold and yell at her.

One night at the dinner table, Wanqing noticed her son-in-law looking at her with disgust. Wanqing was confused by this and had no idea what she had done wrong. She carefully avoided him. Suddenly, the son-in-law shouted at her, "Close your stinking mouth!" Wanqing didn't quite hear what he just said, but looked at him blankly, stunned by his anger. Instantly, the son-in-law shouted at her once again, "I said close your stinking mouth!" This time, Wanqing heard it clearly; the son-in-law was referring to the way she chewed her food. Wanqing didn't say anything and quietly picked up her bowl and went to the kitchen. She couldn't control her tears, as they fell down like raindrops. Since the incident that night, Wanqing was determined to go back to China. She didn't tell her daughter what happened for the sake of her daughter's marriage. She needed to find an excuse to return to China and she needed to prepare for the trip secretly.

A few days later, while her daughter and son-in-law were out, Wangqing packed all her important things into a supermarket shopping cart, ready to mail them back to China. She remembered that the closest post office with Chinese staff was still bus ride away. She knew that she wouldn't be able to move the cart-full of things onto the bus, she didn't want to spend the few dollars on bus tickets, and she only had a few hours to finish everything. With few other choices, Wanqing pushed the fully loaded cart and arrived at the post office after two hours of walking under the fierce sun. At the post office, she broke down, holding on to the Chinese staff, she **murmured, "please, I beg you. I beg you, please help me".** (As

Wanqing described the scene at the interview, her tears kept rolling down, and she kept on repeating what she said at the post office, "please I beg you, I beg you, please help me...") After she finally finished mailing all her things, Wanqing walked another two hours home, her body completely weary. Wanqing will never forget those 4 hours of her life.

Before Wanqing left for China, she had to continue to tolerate her son-in-law's mean attitude and cynical words. He accused Wanqing of being a selfish snob, that she was reluctant to leave behind the good life in Canada and that she shamelessly refused to leave their home. The sarcasm and meanness reached beyond Wanqing's tolerance, an explosive argument broke out between them. Finding himself short of arguments to justify himself, Wanqing's son-in-law started swearing and tried to hit her. After using her shoulder to block the hit, Wanqing picked up the phone and was about to dial 911. The son-in-law was alarmed and tried to stop her.

He yelled, "What are you doing?"

"I am going to call 911. You don't know the law, but I do. I have to protect myself. I have to protect my rights. You can't bully a senior like this!" Wanqing looked firmly into his eyes as she spoke.

The son-in-law threatened her "you won't benefit from anything if you call 911. If I go to jail, what are you going to get out of it?"

His words shook Wanqing's determination to fight back. She thought about her daughter's marriage again. With the thought of protecting her daughter, Wanqing put down the phone.

A month passed and Wanqing went back to China with her daughter using the excuse of returning home to celebrate Chinese New Year. When the daughter insisted that Wanqing had to come back to Canada with her, Wan Wing couldn't hide the truth any longer. She told her daughter about all

the terrible things that the son-in-law had done to her. Her daughter was very sad when she found out what happened. She came back to Canada alone, got divorced and convinced Wanqing to return to Toronto. After the divorce, the daughter started working, but she couldn't find any decent jobs due to poor English. The limited income was barely enough to support them. The daughter couldn't bare it anymore, so she went back to China for better opportunities. Wanqing was left alone in Toronto to live on social assistance.

Now in Toronto, Wanqing has only $500 a month to support herself. Rent and food account for $450, which leaves her only $50 dollars for other expenses. The $50 is barely enough to pay for her eye medication and social activities. The high cost of bus tickets makes them a luxury that is barely affordable for her. To reduce her transportation expenses, she restricts herself to only 10 bus tickets per month. However, Wanqing is an outgoing person. Everyday, there are people inviting her to join community activities, such as teaching dance, singing Chinese opera, or practicing Tai Chi. The ten bus tickets are never enough. Therefore, she will only use the "luxurious bus tickets" if she has to go somewhere far away. Most of the time she will walk one to three hours to attend these activities. As a senior over 70 years old, Wanqing is leaving her footprints on the streets in Toronto and is trying to extend the journey

Wanqing doesn't like to recall her unpleasant past since thinking about these things depress her. She said that whenever she feels lonely and sad after recalling the past, she would take a walk outside. If she still doesn't feel better, she would sing out loud. Even if passers-by think she's crazy, she doesn't care. She sings as she walks. However, often tears will begin to fall even before she begins to sing. Despite these difficult circumstances, Wanqing still tries to think of ways to positively change her state of mind. She tries hard to tell herself to be happy because she knows that it doesn't matter how difficult life is today, tomorrow will always be a new day, and perhaps a new hope is just a step away.

"Getting an interview with Nancy wasn't easy, she didn't mind chatting with us, but her daily schedules were so full that the interview had to be divided into two occasions, and each time she only gave us less than an hour, before she held up her badminton racket and hurried away to her practices."

Winner

By Qiao Tang

Nancy, a Vietnamese Chinese, had countless illegal ferry attempts to leave Vietnam for the Philippines over 13 years, encountering and escaped death too many times; her mystic and colorful life can render an inexperienced youth to a state of utter astonishment.

In 1961 there was civil war in Vietnam, and the nation and its people were under total pandemonium. Nancy was 25-year-old at the time of Vietnam War. She decided to flee to the Philippines by illegal ferry to escape the civil war and to seek peace. However, illegal ferrying was an extremely dangerous thing to attempt, not only did she have to hide herself from the government officers, but she also had to avoid deceptive snakeheads. Once, she was cheated by a snakehead who took her money and drove the boat randomly for 7 days before returning back to Vietnam. "Sometimes when a big storm hits," said Nancy, "to prevent the boat from upending, the snakehead would deliberately throw a few people into the water to reduce the weight of the boat." During one of Nancy's attempts to escape by boat, the motors suddenly stopped working, and her boat floated across the sea for 6 days and 7 nights. Almost 20 illegal aliens weren't allowed to leave the storage area. They couldn't breathe fresh air, and could only bathe with

of extreme hardship, Nancy successfully ferried herself to the Philippines, and in September of 1989, she arrived in Ottawa, Canada.

Canada is a majestic country with a beautiful environment and clean air. Nancy felt as if she arrived in a paradise. All the encounters with death and escape attempts in her life became a distant memory buried deep in her mind. This peaceful new life was almost too precious for Nancy to have acquired. She felt very lucky to be able to escape from the civil war when she thought about the people in Vietnam who were under battle fire and constant bloodshed. As a refugee in Canada, Nancy received financial assistance from the government for a period of time, but it wasn't too long until she found a job to support herself. After this first step, she discovered that her brand new life in Canada wasn't as exciting and pleasant as she had imagined, and that it also brought many challenges and hardship.

Nancy's first job was to make sandwiches in a middle school for $7/hour. She was happy, and worked very hard. But the manager often accused her of wasting time for no reason at all, and frequently phoned Nancy at dawn to come to work. Nancy couldn't handle the erratic schedule and quit the job at middle school to work for an automobile workshop through a friend's referral. Unexpectedly, after a month, Nancy was let go by the manager. She felt depressed and agitated, so she asked the manager why he dismissed her. The manager pointed and said that it was because of her crooked back. This gave Nancy shivers of fear, because she never thought that made her any different from anyone else. Nevertheless, the strong-willed Nancy immediately refreshed her feelings and started looking for other jobs.

After 3 months, she finally found a night shift job (10 pm to 7 am) as an airplane hostess for Air Canada. The job was very stable. During those days, she persisted in learning English little by little from listening to morning airplane radio broadcasts, and slowly started to get to know Canada's culture, and at the same time started becoming conscious of her

personal privileges as a Canadian citizen. Nancy continued to improve her English and at the same time she understood her rights. If something highly unfair was done to her at work, she would report the mistreatments to her senior managers. Perhaps it was because of her stubborn and outspoken personality that upset the wrong people at the airline company. Whatever the reason, Nancy found her fulltime job as a server end and she became part-time staff who was on call. The uncertain work situation had a negative impact on Nancy's lifestyle. Although this job was very tiring, but Nancy felt it was something infinitely better than her life-threatened days living in Vietnam. It wasn't easy for her to find another job due to her health situation. Therefore she worked to her best extent for years until retirement.

After retirement, Nancy finally had time to start organizing her life. Her main activity was physical exercise and volunteered in translation. The past experiences have empowered Nancy to stand up for herself. She said that she learned an important lesson in life and, that is "***to struggle for justice, one has to speak up, because no one will ever pay attention to you if you don't***" Nancy said. She once accompanied a senior to the tax office for a refund, where they were mistreated by the staff. Nancy wrote a complaint letter to the management office. As a result, Nancy and the senior received a letter of apology from the branch, and their tax-refund problem was solved too. While recalling this event, Nancy laughed out loud "***I won!***"

Nancy is indeed a winner. A winner in life is anyone who can endure hardships and control his or her own destiny.

"Ziwei, is like a flower, that doesn't show off its bloom, but spreads its sweet scent."

Spreading Seeds of Happiness

By Yiming

Like many immigrant seniors, Ziwei Bao came to Canada to reunite with her children. What she received and gave upon arriving in Canada was not what she had anticipated for; luckily, her decision to come here has brightened her life.

Mrs. Bao is intrigued by learning new things. As soon as she arrived in Canada, she enrolled in ESL classes to learn English. Not only did she improve her English language skills, but she also learned a great deal about Canada as a country, as well as the politics, and culture. It was then that she gradually started to understand Canada's fabric of social services, and she rapidly started becoming a part of it.

She took part in many elder social services or club activities. With these new friends, they sang, learned photography, studied literature, etc., Her life was quite full, sometimes she felt she didn't have enough time to do all of these things. Sensing the warmth that the society gives, she automatically thought that she had to give something back to the society in gratitude. She thought of the volunteers that she met at the community events. Their contribution and support were the main reason why many social services and activities grew so popular. This thought persuaded her to become a part of the volunteer team. Over the years, she helped with office maintenance work, being a housing representative, and organized singing activities for the seniors.

Mrs. Bao lived in government subsidized seniors housing provided by the Toronto Community Housing Corporation (TCHC). To strengthen the relationship between tenants, TCHC has a Housing Representative Assembly System, which elects 1 to 2 people from each building as representatives. Mrs. Bao was one of these representatives. TCHC is responsible for the maintenance, repairs, and upgrading of all facilities and installations. The housing company also puts efforts in organizing all kinds of activities, such as cultural day events for different ethnic groups. The goal of organizing all those events is to help their residents to live healthier lives. Mrs. Bao's first priority was improving the building environment by acquiring new electric-powered boilers, as well as upgrading the safety surveillance cameras. Mrs. Bao tried her best to resolve conflicts and improve the relationship between the tenants and the new maintenance workers. On the subject of ethnic relations, she put a great deal of effort into improving the harmony between the residents of different races and origins. After the monthly meetings, she always disseminates the reports in both English and Chinese to ensure clarity to all of the tenants.

However, there was one thing she still regrets from her time as the housing representative. At the time, Mrs. Bao and TCHC's staff tried extremely hard to get the "Life-Saving Clock" service for her tenants. The Life-Saving Clock is a service where emergency clinic workers are available 24 hours a day 7 days a week, so that whenever a senior requires medical service, they would arrive in time to save the person. Despite their best efforts, they failed to succeed in getting this service, thus they eventually had to abandon the goal.

Mrs. Bao has been a long time volunteer at Woodgreen Community Services' Chinese-Speaking Seniors Club. It was the early days at the Woodgreen Mandarin-Speaking Seniors Club when Mrs. Bao voluntarily asked for the position of the head of the choir. The few senior friends in the choir, regardless of their ages or singing skills, never missed a practice.

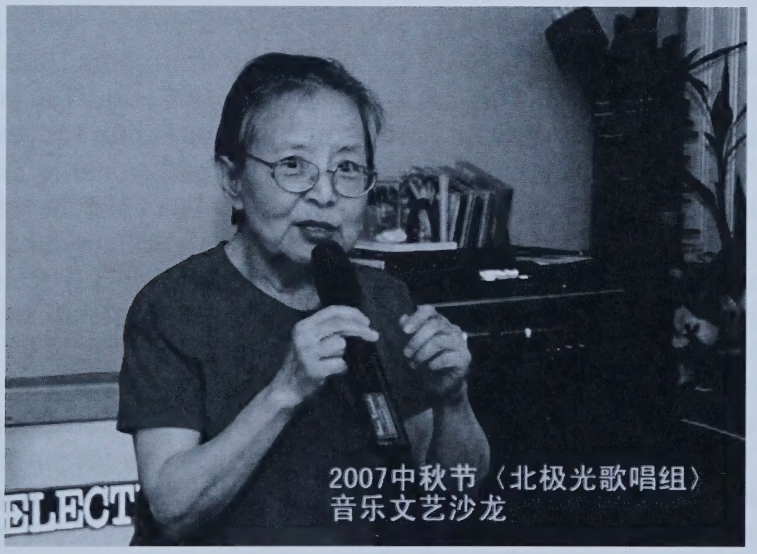
Mrs. Bao understood how important singing was to the seniors' lives by the eager look in their eyes, and thus she took on this job without one bit of hesitation in her heart.

Not only did she teach songs, Mrs. Bao also taught music history. She started up a Music club, and organized activities regularly where she introduced popular Chinese and Western/European music, songs, and instruments. Mrs. Bao tried her best to collect information, select shows, and write speeches. She put as much effort into this as any full-time teacher preparing for school. In order to improve the choirs' musical skills, she invited numerous professional singers to give seminars on singing tips, and she also invited professional music teachers to teach some of the choir members. As a result of that, the choir improved beyond the original "sing along" level. In order to encourage everyone in the choir to be more motivated, she tried to change some of the well known music pieces, such like <Mu Ge>, <Gun Gun Chang Jiang Dong Che Shui> into simple male and female duets based on the different characteristics of the male and female voice. Because both the men and women can sing the melody, they automatically start to sing along with each other, and this greatly strengthened the interest in singing, thus improved the choir's general singing skills. Under the great support of the social worker Ms. Zong, the group was frequently invited to sing at many community events, as well as on some occasions they were invited to sing Canada's national anthem. They participated in the Ontario Seniors Literature and Art Festival, and performed on Breakfast Television of City TV. Also, the duet song "Ye Lai Xiang" that she revised for Mrs. Liang's "six people choir group" had won an award on the Ren Lao Xin Bu Lao Seniors Singing Contest. Having the opportunity of performing on stage, the seniors are motivated in singing, and also received a great amount of satisfaction.

Now Mrs. Bao is getting older, and she feels she doesn't have as much energy as before to organize the choir. After handing over the job, she gathered some friends at home to continue the interest in singing, and they

formed the <Toronto Aurora Singing Seniors> group. Again, she started revising the songs, she based those changes upon the different characteristics of voices of the group members, and in ways for everyone to perform a solo part. They recorded a CD in 2004 as a memento of the group. In 2006, Community Care East York invited the choir to sing at the <Chinese Seniors Service Year Festival> held at Nathan Phillips Square.

Now her little singing group has grown to over 20 members. Quite often, there are professional singing instructors coming to instruct the choir, and their venue has moved from Mrs. Boa's house to a place provided by the housing company. Mrs. Bao and her group of seniors sing and laugh together in this gentle and open environment everyday, forgetting their ages, throwing away their worries, and their lives are just like the vibrant Aurora lights, colourful and bright.



Ziwei Bao conducting her music club

"When we called Doug Hum for the interview, Doug told us seriously that he was a very young senior. We knew that we were going to see another senior with a very young heart and lot of energy and passion."

Fight for Justice

By Leanne Li

Doug Hum's life attests to just how much one person can contribute to a community. As a part of Toronto's Chinese-Canadian community, Mr. Hum has advocated for the Head Tax redress, protested against CTV's racist broadcast, and launched Chinese heritage and language programs with the Toronto Chinese Parents Association among the many achievements of his life.

Born in the heart of Toronto's Chinatown in 1940, Mr. Hum felt the effects of discrimination first-hand. His father was a Head Tax payer and his mother arrived in Canada during the Chinese Exclusion Act. His family's restaurant was expropriated by the City of Toronto to make way for Nathan Phillips Square and a new City Hall. As a child, he was called names and was once turned down for a job as soon as employers found out his race, despite an earlier agreement to hire him. He quickly realized that "racism and discrimination hindered the progress of people of colour" and began working tirelessly to oppose it.

Major efforts to correct past wrongs in the form of a Head Tax redress first began in 1984. As a direct Head Tax descendent, Mr. Hum connected with the Chinese Canadian National Council to push for redress. The overt anti-Chinese Head Tax prevented many families from reuniting during and the early part of the 20th century. The head tax fee was raised twice to $500, ten times the original amount, but even then many Chinese

were entering Canada. The Canadian government passed the Chinese Exclusion Act which stopped all immigration from China between 1923 to 1947.

Community forums and other large-scale gatherings were organized throughout the Chinese Canadian community in the 1980s, and over 4000 signatures were collected on the petition for a Head Tax redress. Lobbying efforts, in combination with the hard work and dedication of people like Mr. Hum made it possible for an official apology from the Canadian government in 2006, as well as financial compensation for the Head Tax payers.

Racism wasn't confined to the early 1900s. It also spread to the later years of the century. CTV aired 'Campus Giveaway' in 1979, saying that too many spots in Canadian universities were being taken by immigrants, as Chinese faces flashed across the screen. Inaccurate figures exaggerating the proportion of foreign students were presented as facts. There was an immediate uproar throughout the Chinese Canadian community. Committees were formed across the country to petition such open discrimination and Mr. Hum was one of the many who rallied together in protest. After extensive petitions and marches, CTV finally conceded under this pressure and publicly apologized. This was an instance where the community had to "keep pressing, and not give up".

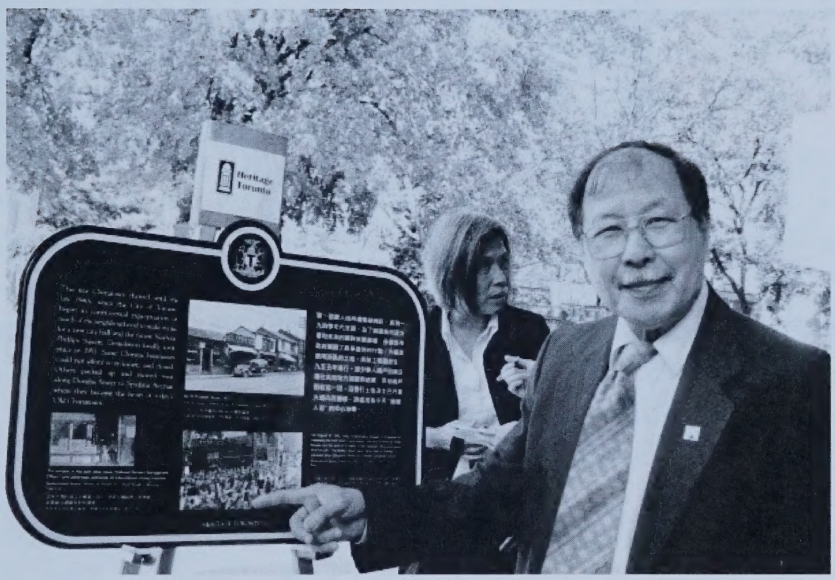
Mr. Hum's determination also helped to create the Toronto Chinese Parents Association. In reaction to major funding cuts for language and heritage a program, the group was formed to maintain and ensure that Chinese Canadian students can learn about their heritage. Despite Mr. Hum not having any children at that time, he joined the Toronto Chinese Parents Association to better all future language and heritage education in Toronto public schools. The Board for Toronto Public Schools was extremely unreceptive to the Parents' efforts. The one Chinese-Canadian member of the board was also extremely hesitant to make changes. "[We]

met difficult people who said 'we're in Canada now', 'don't be pushy... you're in white society'." Mr. Hum recalls how he'd never seen so many Chinese parents so angry. Despite the obstacles in their way, the Parents eventually succeeded in stopping the cuts and maintain funding for language and heritage programs. Seventeen Toronto public elementary schools now have Chinese language and heritage programs. The Toronto Chinese Parents Association is still thriving today, with core communities in multiple Toronto locations.

In addition, Mr. Hum has been extremely active and involved in the Foundation to Commemorate Chinese Railway Workers. The Foundation has established a yearly tradition of wreath-laying in memory of railway workers. On Canada Day, at the Chinese Railway Workers Monument, Torontonians, including the Chinese Canadian community, come together to celebrate the achievement and remember the losses of Chinese railway workers.

As someone who lived in Toronto's original Chinatown, Mr. Hum plays an integral part in remembering this history. He has told the story of how old Chinatown was displaced by Nathan Philips Square to countless people who didn't know its rich history. As a voice representing old Chinatown, Mr. Hum speaks passionately about his former home. He sees the fountain in the middle of the Square not a replacement for, but rather a monument in tribute to his father's restaurant. It is with such good humour that Mr. Hum continues to teach the community about its past.

One single person can alter the course of history, and Doug Hum is one of those people. Despite being born in Canada, he has kept close touch with his Chinese roots. As a part of the Chinese Canadian community, Mr. Hum contributed in many ways to help people and make life easier for others, as well as advocating equality and fairness for all and continues to do so today!



Mr. Doug Hum sharing the story of old Chinatown.

About CCNCTO

CCNC Toronto Chapter is an organization of Chinese Canadians in the City of Toronto that promotes equity, social justice, inclusive civic participation, and respect for diversity.

We achieve this by conducting activities in the areas of: public education, systemic advocacy, community development and coalition building as well as providing assistance to individuals facing discrimination.

Address: 124 Suite, 215 Spadina Ave. Toronto ON.

Canada M5T 2C7

Phone: 416-596-0833

Website: www.ccnctoronto.ca

光陰的故事

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Chinese Canadian National Council Toronto Chapter
Suite 124, 215 Spadian Ave
Toronto, Ontario M5T 2C7

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鳴謝

本書是平權會多倫多分會負責的“華裔長者心聲”項目的一個重要部分。“華裔長者心聲” 項目旨在提供一個共同探討加拿大華裔長者面臨的種種困難的機會，同時彰顯華裔長者對加拿大社會所做的貢獻。我們也期望能夠通過這個項目在華裔長者與華裔青年之間建立一個對話的平臺。

本書記錄了 8 位華裔長者在加拿大的經歷成就以及掙扎奮鬥。我們希望藉由華裔長者面對困境的堅強樂觀精神和他們對加拿大社會所做的貢獻鼓勵並啟發華裔社區。在此特別感謝接受採訪的華裔長者以及採訪並編寫長者故事的華裔青年。

平權會多倫多分會願籍此機會感謝所有義工的辛勤工作，感謝你們對“華裔長者心聲”項目做出的重要貢獻。感謝我們的 40 多位長者和青年義工一直以來堅持不懈地協助項目宣傳，組織社區論壇並幫助採訪和編寫此書。感謝項目負責人王秋月協調組織“華裔長者心聲項目”。感謝義工段宏，劉秀菊參與組織每一次活動。感謝平面設計師袁子雁的精美設計，同時感謝吳永鏗先生為我們提供故事來源。

特別感謝項目委員會成員孫嘉欣，張麗麗，譚雷美丹，仇銘華，邵曉，陳智慧，莊嘉怡，黃慧文對“華裔長者心聲”項目的建議和指導。

此書由加拿大人力資源與發展部“新地平線”基金贊助出版。

您真摯的

孫嘉欣

平權會多倫多分會總幹事

辛勤可愛的義工們

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“一個人的價值不在於對金錢和地位的佔有，而在於對社會的貢獻。奉獻的人生是愛的鏈接與傳遞。它跨越地理的距離，融化心理的界限，用真誠的行動詮釋，以欣然的姿態抵達。”

“地球村”裡的“快樂大使”

作者：陳珊

無論是談到曾經的痛苦還是挑戰，退休教師孫雲彩總是笑容明朗語氣輕鬆。這或許是因為她曾經做過多年“孩子王”的緣故，又或許是因為她曾經在死亡的邊緣幾度徘徊，所以對生活的理解比很多人來得深刻。

46 歲時，孫雲彩不幸患上癌症。身體和心理的雙重打擊並沒有讓一向好強的她放棄生存的希望。在與病痛的折磨和死亡的威脅做了 8 年不懈鬥爭後，她奇跡般地完全康復了。隨後，她開始以極大的熱情幫助其他身患癌症的朋友積極治療康復。她和她的癌症病友戰勝癌症的故事，曾經被國內的醫學界稱為“奇跡”，她也被新聞界譽為“抗癌明星”。劫後餘生的孫雲彩更加珍惜生命，也更加重視生命的意義和質量。

6 年前，退休後的孫雲彩從北京來到多倫多。在這個遠離家鄉的國度，無處訴說心聲交流感情讓她一度陷入了失落的情緒裏。在無數個日日夜夜對自己所面臨的困境的思考中，孫雲彩也聯想到了同她一樣境況的其他華裔老

人。缺乏情感支持是一個大多數人面臨的問題，也許有些老人比自己的處境更加艱難，那麼何不走到一起來共同面對和解決這個問題呢？“坐而言” 不如“起而行” ，孫雲彩積極的人生態度註定了她是個自助而且能夠助人的人。在和住處附近的老年人慢慢熟悉起來以後，2004年，孫雲彩聯合其他幾位老人建立了一個將許許多多華裔老人緊緊聯繫在一起的團體 -“地球村” 俱樂部。老人們定期在一起活動，施展才華，交流感情，大家還集體創作了文集<<楓情集>>來記錄他們在加拿大生活的感受，抒發老人們熱愛生活的情懷。孫雲彩曾自豪地說，“地球村” 裡找出 6 個人就可以組織一台音樂會，可見“村”裡是臥虎藏龍人才濟濟。2004 年至今，”地球村”從每次活動只有十幾個人的規模發展到 60 多人，人們從多倫多不同的地區慕名而來。3 年來， “地球村” 讓老人們相聚，相識，相知，彼此結下了深厚的感情；老人們不再孤單，重新找回了幸福快樂。2006 年的初夏，一定有人曾經看到過“地球村” 的村民們相聚在多倫多北約克區的大草坪上高唱改編國的歌曲“兩隻蝴蝶” 。歌聲響徹多倫多的天空，見證了“地球村”的凝聚力。

在和老年朋友們交流對加拿大生活的體會當中，孫雲彩發現 “交通”是大家一致認為對生活造成困擾的重要原因之一。由於語言不通，外出坐車成了一個讓老人們頭疼打怵的問題。不會說，不會聽，甚至不會看地鐵圖，這些問題使得很多老人在無形當中被限制在了一個極小的生活圈子里，根本無法走出門去真正地觀察和感受本地文化，也極少參加社

區活動。那麼，如果有一張實用的中文地鐵圖在手，老人們出門不就方便多了。此想法一產生，孫雲彩就跟老伴葛華民一起開始了“浩大”的多倫多地鐵圖編譯工程。從未學過英語的老倆口為了能夠準確的翻譯站名，請教了所有能幫忙的人，包括姪女和姪女的朋友。老倆口還經常一起搭地鐵，聽司機報站名，確認自己編譯的中文與英文發音貼近。為了這張圖，70 多歲的孫雲彩夫婦不知道坐了多少次地鐵，修改了多少次草圖，給多少人讀過那幾十個站名。終於，在 2005 年 1 月，這張中英文對照的地鐵圖完稿了。儘管有些車站的中文名字看上去有點古怪，但是有趣的是，一旦讀出來任何人都知道這說的是哪一站。他們還細心地附上了如何用英語問路的方法。這張稚拙的手繪地鐵圖一面世就馬上成為了老人們的寶貝，不論是 “地球村”的村民，還是一起在社區參加活動的朋友，他們都會送上這張地圖。老人們幾乎是人手一份出門攜帶。至今，這張地圖已被复印了 1000 多份分发到了不同的社區。

現在，孫雲彩的生活忙碌得不得了。她不僅要組織“地球村” 俱樂部的活動，還要協助社區組織各項社會活動，並定期去幫助一些華裔癌症患者。在這個陌生的國度里，她找到了自己的定位，也幫助其他老人找到了快樂的源泉。孫雲彩曾被華人電視臺評選為 2006 年多倫多市 “快樂大使”。這的確是一個貼切的 “稱謂”，這麼多年來，她就是一個使者，不斷地向所有人傳達著愛和快樂的信息。

(本書中心插頁爲孫雲彩，葛華民手工繪制多倫多地鐵圖)

以助人為快樂之本的孫雲彩

“和 Paul 聊天是一件愉快的事情。他的風趣睿智讓整個採訪氣氛融洽笑聲不斷。很明顯，他是一個對生活充滿信念的樂觀老人。

“剛柔並濟”，寫意人生

作者：李天麟

1964 年，Paul 從北京某大學地球物理專業畢業，進入科學院物化探研究所工作。三十多年裡，他參與了一項又一項的國家重點建設項目，其中塔里木石油開發項目用了整整十二年，當時 Paul 在項目中擔任航空地球物理數據採集和衛星資料數據處理解釋工作。從那時起一直到中國的改革開放時期，Paul 可以說是一直工作在中國建設最前線的人。他也是比較早接觸計算機等新科技的人，這正符合了他好奇好學的天性。90 年代初期，Paul 的興趣轉到了建築方面，他和同樣是工程師的妻子創建了建築施工新技術研究所，他們聯手開發的一些研究成果成功地申請到了幾項國家發明專利，並應用於京津滬渝粵香港等地區的國家重點工程建設，特別是 2008 年北京奧運會的主會場—著名的國家體育場工程。老倆口曾一度全國各地四處奔波。雖然很有成就感。但是越來越繁重的工作，不由得讓他們感覺到該退下來調整一下生活了。

２００６年，退了休的 Paul 來到多倫多探望在這裡工作的兒子。時差還沒有調整好，他的注意力不由自主地被多倫多的高層建築吸引住了。

這裡的建築設計和施工與中國有很大的差別。那麼建築過程有什麼特別之處呢？本來準備靜養的他又情不自禁地給自己安排了新任務。他開始跑工地，在那些建築工地旁邊仔細觀察，經常一站就是好幾個小時。長時間的現場觀察和資料研究讓對多倫多的建築施工有了一定的了解，他就此寫了一篇論文並發表在中國國內的雜誌上。忙完了論文，又有了新的想法，他在多倫多註冊了一家建築服務公司，準備在中國和加拿大的建築技術交流方面作些工作。

在加拿大經營公司，英語是必備條件之一，於是 Paul 開始學習英語，並到處積極尋找參加英語學習的機會，找來找去，他找到了社區。從參加英語俱樂部到在不同的活動當中作義工，Paul 和社區的工作人員越來越熟悉。大家發現他的樂觀熱情的性格很適合做組織工作，於是請他幫助組織一些老年人的活動。Paul 對這份義工工作投入了很多時間和精力。起初，因為不是特別了解加拿大社區的工作方式，他還鬧過一些笑話。他曾經有一次將某個活動的宣傳單拿到商場裏，看到貌似中國人的老人就過去跟人家介紹，結果對方要麼並不是中國人，要麼是講中文的老人但是搞不清楚他的意圖，結果弄得雙方都有些尷尬。不過儘管 Paul 的工作方式不是很合適，但是他的誠懇心意和認真態度是顯而易見的。

組織老年活動對 Paul 來說並不困難，因為他自己就有一技之長可以為老年朋友服務，那就是教太極拳。Paul 少年時候身體虛弱，為增強體

質，他曾在學生時期師從太極拳傳人，學習了正宗的太極拳拳法，他還曾參與亞運會中日太極拳表演的教練工作。四十多年，他一直都堅持練拳，幾乎沒有中斷過。Paul 深諳太極拳對身體的益處，所以一直積極地幫助社區組織老年人練習。在和老年朋友一起活動的過程當中，Paul 總是以“潤物細無聲”的方式幫助身邊的人。他的耐心細心和與人打交道的技巧幫助他和社區的很多老人建立了深厚的友誼。身為太極拳國家一級教練的 Paul 曾經跟一位來社區活動的老婆婆學習打太極拳。當時兩個人在聊天，婆婆主動說願意教 Paul 打太極拳，因為她在其他的社區學過也教過。由於之前了解到婆婆的生活不是很開心，Paul 意識到這是一個可以讓婆婆對自己的生活增加信心的機會，所以欣然同意。婆婆很高興，一板一眼地教了起來，有時還指出 Paul 的姿勢“不夠到位”。每次 Paul 都笑呵呵地聽從她的指揮。Paul 一直沒有告訴婆婆自己會打太極拳，他說：學不學太極拳不是目的，主要是要讓老姐姐開心嘛。現在婆婆非常信任 Paul，有什麼心裡話都會告訴他，人也開朗了很多。

在教授太極拳的同時，Paul 常常和 “學生”們交流太極拳的內在精神和學習要領。他說“剛柔並濟”是太極拳的特點之一，“剛” 與“柔”兩者結合可以讓太極拳發揮出巨大的力量。其實這也是 Paul 這個人的性格特點。他的認真堅持是“剛”，熱忱善良是“柔”，兩者相融，激發出了他本身在的精神魅力。

每天堅持練習太極拳的 Paul

“與雷厲風行的救傷員比較起來，梁伯更像一個教書先生，說起話來慢條斯理，有條不紊。提到 50 幾年的義工生涯，他輕輕地擺擺手說‘不算什麼吧’。”

義工生涯五十載

作者：湯喬

壹個人做一點好事並不難，難的是做一輩子的好事。梁伯就是這樣一個難得的做了一輩子好事的老人。

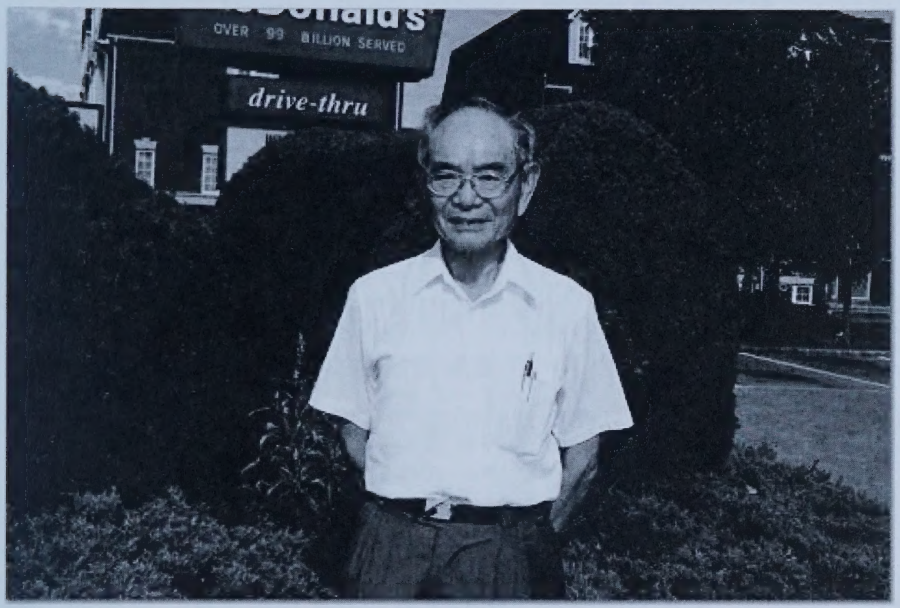
2001 年，梁伯從香港來到加拿大與兒子團聚。異國他鄉的生活對於一個老人來說困惑大於新鮮。陌生的環境、不同的語言、沒有了粵语電視、沒有了那些相處了幾十年的老朋友，梁伯感覺周遭突然之間安靜下來，而且寂靜得有些可怕，這讓習慣了香港忙碌充實生活的他很有些不適應。在香港，梁伯有一份穩定的工作，另外還有一個並不比本職工作輕鬆甚至更辛苦的義務工作 - 醫院救傷隊的義務隊員，也就是隨救護車從事醫療救護。從死神手裏挽救生命，於危急當中爭分奪秒，這樣的救死扶傷的工作對於年輕的梁伯來說不但神聖而且充滿了挑戰性。為了能夠加入這個義工行列，梁伯曾經多次參加培训和考试，最終成為了一名非常優秀的義務救護工作者。這項義務工作不僅沒有任何報酬，節奏也很緊張，甚至還有潛在的危險性，梁伯的一個同事就曾在救護過程中

傳染麻瘋病。但是，所有的這一切問題都不曾使得他動搖， 從 1948 年到 2001 年，他在香港做了 53 年的義務救傷隊隊員！

受之前幾十年的醫院義工經驗影響，來到加拿大以後，尤其是感覺到生活的單調以後，梁伯再次想到去醫院作義工，那是一個他熟悉並且喜歡的環境，他相信自己能更好地發揮作用。但是救護車工作顯然不適合他了，那麼他還可以做些什麼呢？幾次在醫院遇到因語言障礙而就醫受阻的病人後，他想到了做義務翻譯，畢竟自己還有一些英語基礎，也許能夠派上用場。梁伯開始聯繫醫院，很快他聯繫到市中心的一家醫院，做起了義工。沒做多久，梁伯開始覺得有壓力了，因為醫院是個敏感的環境，對於語言的要求也比較高，所以他覺得自己的英文口語還是不夠好。為了加強口語，原本就在社區學習英語的梁伯這回給自己設定了更高的標準，也開始更刻苦更認真地學習。梁伯是英文班上年紀最大的一個，也是最用功的一個。雖然他年紀大了，記憶力遠不如從前，學起來很吃力，但是他的“水滴石穿”的勁頭幫了很大的忙。“一遍記不住就記十遍，十遍記不住就記 100 遍，那總歸會記住了吧?” 梁伯很認真地說。憑藉過去的英語基礎，加上一百二十分的努力，梁伯的英語進步很快，而且不久就當上了老師的助手。在語言班學英語的同時，梁伯還結交了一些講國語的朋友，打交道多了，一來二去，他的國語也越講越好。會講國語了，意味著他可以服務更多的病人了，這回梁伯去醫院作義務翻譯的熱情更高了。

會講英語，粵語和國語，而且工作認真嚴謹的７８歲的梁伯在醫院裡很引人注目。一個老人，能夠如此盡心盡力地做這項義務工作，的確令人欽佩。但是梁伯覺得這些奉獻都沒有什麼，他反而認為這份義務工作給予他的其實更多。他說他在醫院會接觸到來自不同國家的形形色色的人，翻譯工作也需要他學習一些新的知識，他的生活因此而更加豐富了。他很喜歡這個可以實現自身價值的工作，每次幫助到那些因為英語不好而不知所措焦慮緊張的病人時，他的心裡都有說不出的欣慰。

梁伯的義工工作可不只是醫院翻譯這一個，他每週二還要去社區健康中心幫忙。梁伯有的時候走路去做義工，主要是為了多些鍛煉，這對治療他的高血壓有所幫助。梁伯在成功地調整了自己身體狀態的同時也成功地調整了自己的心理狀態，他在做義工的過程中找到了適合自己的生活方式。回首這 50 幾年的義工生涯，他說他從來沒有想過還要作多久義工，也從來不覺得這些工作使他疲倦，因為，那已經自然而然地成為他生命的一部分了。



做了 59 年義工的梁國華先生

『生逢亂世，慈母早逝。。。。。。家道中落，食指衆多，眼看老父，肩負重擔，日不認親，願帶兩名弟妹赴港，減輕他的負荷。』此段文字摘自楊麗媛自費『弘農隨筆』一書。簡短數十字，道出了她艱辛的年輕時代。

歲月書香

作者：吳一凡

楊麗媛，廣東順德人。中學時代因中日戰爭不得已輟學。受新思想影響的她在當時作了一件驚世駭俗的事 - 逃婚。為了反抗父母包辦的婚姻，她逃離家鄉，響應當時中國“十萬青年十萬軍”的號召，跟隨抗日團體北上曲江，後加入廣東省中小學教師團體在兒教院教書，那個時候的楊麗媛非常喜歡寫寫畫畫，不過多數文章作品都散落在南北輾轉的歲月里，未曾留下任何痕跡。國共內戰期間，楊婆婆移居香港，曾在不被當時英屬香港承認的左派學校任教多年，一度靠70元一個月的薪金勉强養活兩個弟弟，期間辛苦不足為外人道。

楊婆婆膝下育有四女二男。次女十幾年前因癌症去世，而其他子女都各自在世界各地工作，無暇顧及老母。次女的英年早逝給楊婆婆心裡上帶來很大打擊。因為擔心母親的身體和心情，1989年，楊婆婆的長女將她從香港接到多倫多一起生活。好在很多舊同事早就來到多倫多定居，所以楊婆婆並不會因為缺少朋友而感覺特別寂寞，但是加拿大始終是異國他鄉，偶然

發生的一些意外還是讓楊婆婆覺得很不開心。一次她在購物中心逛街時迷了路，轉來轉去也找不到通向地鐵的方向，於是她向一個年輕的白人小伙子問路，這位年輕人抬手指了一個地方，當楊婆婆走到那裡，不料刺耳的警鐘突然響起來，她嚇呆了，一動不敢動地站在那兒，不知道自己做錯了什麼，直到警察來了她才明白自己闖進了禁區。如今回憶起這件事，楊婆婆依然心有餘悸。“我真的很怕也很生氣，那個年輕人為什麼要欺騙我一個老人家呢!”

儘管老人家一個人出門不是很方便，但是個性堅強的楊婆婆還是不願意麻煩別人。年逾八旬的她搬到了老人公寓，一個人住，一個人打理生活，除了去醫院看病和去華人超市買菜她會打電話找女兒外，通常情況下她都儘量自己處理事情。這是楊婆婆一貫的獨立自主的性格使然。老人公寓離女兒和朋友們的家都很遠，獨居難免孤單，不過楊婆婆自有一套排解的方法。她經常一個人坐車去社區參加活動，唱歌或者學英文。更多的時間，楊婆婆喜歡靜靜地守著一杯清茶回憶自己過去的生活，然後提起筆來記錄下自己的故事或感悟。楊婆婆喜歡旅遊，她走過大半個中國，也去過世界各地不同國家。在文章里，她描寫過渥太華的鬱金香，溫哥華美麗的海濱，還有有日本，澳洲，紐西蘭等地的風土人情，也記錄了一些參加社區活動的心得。她的文章題材豐富，形式多樣，無論是詩歌，散文還是隨筆，楊婆婆都信手拈來寫得洋洋灑灑。這些文章她一直像收藏自己的心情一樣收藏在一起，直到一天收到弟弟寄來的一本書，她才突然有了把文章整理出版成書的想法。“我覺得那本書跟我的作品內容形式都很像，別人

可以出版那麼我的應該也可以吧”。楊婆婆決定把文章出版成書，動機可不是很多人想的出名賺錢，她的動機很特別，她想要把出版的文集送給社區，然後希望有人取閱，並以自願捐款的的形式來買下她的書。她希望社區可以用她的書來募集資金舉辦更豐富的活動。想法出來以後，就要聯繫出版。楊婆婆不是名人，文章雖好但是達不到出版社的商業要求，所以並沒有出版商願意幫忙。倔強的楊婆婆想了一想，決定自費出版。

200本散髮著墨香的<<弘農隨筆>>放在了社區裏，感興趣而主動問津的人不少，但是願意取書捐款的人就不過20幾人而已。“我覺有人捐就很好啊，人數多少不重要，捐款多少也不重要。”楊婆婆並不覺得失望，她把她幫助社會的心願付諸了行動，也帶動了其他人的熱情，那麼結果怎樣有什麼要緊呢?

楊婆婆現在因為患坐股神經痛所以很少去社區參加活動了。由於身體不好也很少動筆寫文章了。她笑說自己“封筆”了。楊婆婆說她很慶幸在眼睛好身體好的時候做了這件出書捐書的事情，否則可能就沒有機會跟大家分享她心底里積累的那些歲月中的點點滴滴了。

贈書社區的楊麗媛女士

“ 第一次與晚晴見面，我們幾乎擦肩而過。我没有意識到她就是我要採訪的那位老人，因為她燦爛的笑容和活潑的氣質與我腦子裡假設的那個際遇坎坷的悲苦形象完全不同。她講話節奏很快，而且幽默風趣。”

風雨過後有晴空

作者：許安麗

晚晴，30 年代生於湖南長沙，曾是長沙女子第一中學文藝團體的宣傳骨幹，從投身革命到參加工作，她的命運之舟幾度在風浪裏起起落落歷盡曲折。一生的不平順令她疲憊，原指望退休以後與兒女團聚安度晚年，誰料到新的風暴在等待著她。

2001 年，晚晴來到加拿大探訪女兒女婿。女婿剛從學校畢業，找到了一份薪水不錯的工作，女兒英語不好就沒有找工作而是全心全意照顧丈夫打理家務。小夫妻買了新房並且很快為晚晴辦理了移民。初來乍到，一起看起來都不錯，女兒孝順，女婿和氣，除了幫助女兒打理家務，閒暇時間晚晴就出去练太极拳或是去跳舞，一家人有說有笑其樂融融。

可惜好景不长，女婿突然失業，脾氣開始变得暴躁，有時對晚晴非常無禮。晚晴覺得自己和女兒都不工作，無法分擔經濟的壓力，所以對獨立支

撐家的女婿心存感激，對他的惡言相向一直多有忍耐。不久，女婿找到了新的工作， 但他對晚晴的惡劣態度卻變本加厲了。他經常背着妻子找晚晴的麻煩，有时候甚至還破口大罵。一次吃晚飯的時候，晚晴發覺女婿一直用一種鄙視厭惡的眼神盯着她，她不知道自己做錯了什麼，於是小心地迴避著，可是突然女婿指着她大吼“闭上你的臭嘴！” 晚晴沒有聽清楚，但是被他突然之間的舉動嚇到了。看到晚晴愣愣地看著他，女婿又吼道“我說閉上你的臭嘴！”。這回晚晴聽清楚了，原來女婿是嫌她吃飯的時候發出了一點點聲音！晚晴沒有說話，低頭端著碗走進了廚房，淚如雨下。從那以後，晚晴就打定主意回國。為了保全女兒的婚姻，她不想把發生的事情告訴女兒，所以偷偷開始進行回國的準備。

幾天以後，晚晴趁着女兒女婿出去玩的時候把自己所有的重要物品打包放在一個超級市場的推車裏，準備郵寄回中國，但是離她最近的有中國人工作的郵局也要坐一段時間公車才能到。她無法搬運那一車東西上車，也心疼那幾元錢的車費，但是她必須在幾個小時內把這件事情完成。別無選擇，晚晴只好推著手推車在大太陽底下走了將近兩個小時的路來到了郵局。一到那裏，她的精神就崩潰了。她抓住郵局裏中國工作人員的手，顫抖著說” 求你，求求你，幫幫我吧”。（講到這裏，晚晴的眼泪控制不住了，嘴裡不停地重複着當時在郵局裏說的話，求你，求求你，求你帮帮我吧。。。）好不容易寄完了東西，疲憊不堪的晚晴不知在什麼力量的支持下又花了兩個小時走回了家。這來來去去 4 個小時，晚晴終生難忘。

在回國之前的那段日子裏，晚晴還是要忍受女婿的陰陽怪氣。女婿動輒指責晚晴愛慕虛榮，自私自利，留戀加拿大的好生活，賴在他們家裡不肯走，他用詞之尖酸刻薄讓晚晴的忍耐到了極限，終於他們之間爆發了一場爭執。理屈詞窮的女婿因為辯論不過晚晴，氣急敗壞之下開始罵髒話，隨後居然動手打了晚晴。晚晴用胳膊擋住以後，馬上跑去準備撥 911 ，被女婿慌忙攔住。“你要幹什麼?” “我要打 911。你不懂法律，我懂，我要保護自己的權力，你不能這樣欺負老人。” 晚晴態度堅決地看著他。“你打 911 對你有什麼好處，我進了監獄對你們有什麼好處?” 女婿威脅她。晚晴動搖了，她顧慮的又是女兒的婚姻，為了女兒，她放下了電話。

一個月過去了，晚晴借口回國過年跟女兒一起回到了中國。當女兒堅持要晚晴回加拿大的時候，她實在無法隱瞞了，於是把女婿的惡劣行為全告訴了女兒。女兒又震驚又難過，一個人回到加拿大，很快就申請了離婚，之後又把晚晴接到了多倫多。離婚以後女兒開始打工，但是由於語言不好找不到什麼好工作，所以家庭收入很低，母女二人只能勉強度日。女兒實在堅持不下去了無奈決定回中國去尋找發展機會，晚晴則被留在多倫多，依靠政府救濟度日。

現在的晚晴，每個月只有五百元加幣維持生活，除去四百五十元房租伙食費，僅余五十元作為零用。這點錢對於要買藥治療眼疾和出門參加活動的晚晴來說是杯水車薪。日漸上漲的交通費用也是個龐大的開銷，為了壓縮

開支，她給自己限定每個月最多只能買十張車票。 可是晚晴是一個非常活躍的人，幾乎每天都有人請她去社區參加活動，教大家跳舞唱戲或者是打太極拳，顯然，這十張車票是遠遠不夠用的。所以，除非是去很遠的地方，晚晴才會" 奢侈" 地用一下車票，大多數時間，她都要自己走路去參加活動，短則一個小時，長則兩三個小時。一個七十多歲的老人，就這樣用自己的腳步丈量著多倫多的街道，延伸著自己的生活軌跡。

對於傷心過往，晚晴並不願意回憶，因為每每提起還是心情低落。她說每次想起令她難過的往事或者感覺孤單寂寞的時候，她就會到外面去散步。如果實在難以抑制情緒，她就會放開嗓子唱戲。路人以為她是瘋子，她也全然不理。就那麼一路走，一路唱，往往是唱腔未落，淚水已經扑簌簌地流下來。

儘管如此，晚晴還是想辦法極力地，積極地調整著自己的心態，她告訴自己要努力快樂，因為無論今天怎樣處境艱難，畢竟" 明天又是新的一天"，也許新的希望就在前面。

後記：在平權會多倫多分會和其他社區社工的幫助下，晚晴已經搬進了政府補貼的老人公寓，經濟狀況有了極大的好轉，她也成為了社區里老年活動的負責人，新生活已經開始了。

“找 Nancy 採訪不是一件容易的事情，她不介意跟我們聊天，但是她的日程安排實在太滿。沒辦法，採訪只好分兩次進行，而每次她只給我不到一個小時時間，就拎著羽毛球拍匆匆忙忙地健身去了。”

贏　　家

作者：湯喬

生活總是難免挫折坎坷，誰也無法預料明天將會發生什麼。那些痛苦的經歷，如果不曾打敗一個人，就一定會使她／他變得更加堅強。

Nancy，越南華僑，曾在 13 年內無數次從越南偷渡菲律賓，無數次遭遇失敗，無數次死裡逃生。她的具有傳奇色彩的故事足以驚呆涉世未深的年青人。

1961 年，時逢越南內戰，兵荒馬亂，人心惶惶。為了尋求一個更安定的生活，25 歲的 Nancy 決定偷渡菲律賓。可是偷渡是一件風險很大的事情，她不但要逃避海關的搜查，還要提防那些騙人錢財的蛇頭。她曾經碰到過一夥蛇頭，收了錢帶著他們在海中兜了 7 天又返回原地。即使遇到真正帶他們偷渡的蛇頭，偷渡者的命運也不會有多順利。“他們會把偷渡者丟進海里” Nancy 無奈地說，“有時候暴風雨來了。為了防止船隻翻沉，蛇頭就

直接把一些偷渡者丟棄到海裏以減輕重量。一次偷渡途中，機器突然停止運轉，小船 6 天 7 夜就飄蕩在海面上。20 幾人躲在小小的船艙裏，不能出去，不能上甲板，只能用海水洗澡，唯一的食物就是水果。在悶熱的船艙裏，人們祈禱著風會把他們送到一個安全的地方。如此這般經歷被騙被遣返不知道有多少次，終於在 13 年後，Nancy 成功地偷渡到了菲律賓，後於 1989 年的 9 月登陸加拿大的 Ottawa。

加拿大是一個美麗的國家，環境優美，空氣清新。Nancy 覺得自己仿佛來到了世外桃源。一個全新的世界展現在她眼前，所有的顛沛流離都成了過去，逃亡生涯到此結束。這種平靜的生活對 Nancy 來說實在是來之不易。比起那些身陷戰火中的人，她覺得自己非常幸運。

作為難民，Nancy 接受了一段時間的政府救濟，但是她很快就開始找工作自食其力。這一步邁出去，她才發現新生活其實並不像她預想的那麼讓人興奮，很多現實困難依然存在。

Nancy 的第一份工作是在一所中學裏面做三明治，時薪 7 元。她很開心，也幹得很賣力。但是經理卻經常莫名其妙地指責她偷懶，而且還常常在凌晨突然打電話來要求不當值的 Nancy 上班。這份簡單的工作讓 Nancy 精疲力竭，不久她辭掉這份工作去了朋友推薦的汽車廠。誰料一個月之後，車廠經理突然找到她，告訴她不用再來上班了。Nancy 覺得很委屈也很納悶，於是問經理到底是為了什麼。經理猶豫一下即伸出手來指了指她的背，原來

辭退她是因為她背部的殘疾。這讓一向自信樂觀的 Nancy 心裡打了個寒戰，她可從來沒因為自己的身體而覺得和別人有什麼不同。不過，畢竟是堅強的 Nancy，大哭一場擦乾眼淚，她就整理好心情重新開始找工作了。三個月後，Nancy 在加拿大航空公司找到了一份做飛機餐的工作，工作時間是從晚上十點至第二天早上七點，雖然是晨昏顛倒但是還算穩定。這段時間裏，Nancy 堅持聽電臺廣播學習英語也慢慢地了解了加拿大的文化。語言逐漸提高的同時她也學會了保護自己的利益，當同事對她出言不遜或者經理有什麼不合理的指示的時候，她都會與之理論或者報告到更高一級的管理部門。也許是她的倔強性格得罪了一些人，航空公司裁員的時候，她從全職員工變成了隨時等候電話通知上班的不穩定的兼職人員。她開始整天守著電話，隨時待命，有時甚至是早班回來沒怎麼休息就要上晚班，這讓她的生活徹底亂了套。雖然這份工作很辛苦，但是在 Nancy 看來還是好過原來在越南的提心吊膽的日子，況且就她的身體狀況找到一個理想的工作並不容易，為了生計，Nancy 只能堅持做這份工，直到退休。

退休以後，Nancy 終於有時間來自主安排自己的生活了。她的主要社會活動是體育鍛煉和義務翻譯。現在的 Nancy 可不是當年那個被辭退了都不敢據理力爭的弱女子了。她說她學會了一樣重要的東西 - 爭取公平。**“要爭取公平就要開口講話，你不說話就沒有人會理睬你。”**她曾經陪同一位老人家去稅務局咨詢退稅事宜，但是工作人員不但讓她們等了好久還漫不經心地給了誤導她們的信息，結果那位老人家在後來退稅的時候出現了很多麻煩。氣憤的 Nancy 於是寫了一封信給稅務局的管理層，陳述了整個事情的

前因後果，結果很快她們就收到了稅務部門的道歉信，老人家退稅的問題也順利解決了。說起這件事，Nancy 哈哈大笑，說 “我贏了！” 。

毫無疑問，Nancy 是贏家。無論任何人，若能夠衝出困境成為自己命運的主宰，都是大贏家。

“紫薇，人如其名，嫻靜文雅，不愛張揚，但是花香自溢。”

播種歡樂

作者：佚名

包紫薇和很多老人一樣，也是為了和子女團聚來到加拿大。她所付出和得到的，都是她來之前所沒有想到的，所幸，都是讓她快樂的。

包紫薇是一個對新知識有濃厚興趣的人。所以著陸伊始，她就參加了社區的英文班。在那裡，她不但提高了英文而且對加拿大的政治經濟以及風土人情等各方面都有了初步了解，也是從那個時候起，她逐漸了解了加拿大的社區服務。她參加過很多社區的耆老活動，和朋友們一起唱歌，學攝影，學寫作，生活十分豐富，有的時候甚至感到時間不夠用。感受著社會給予的溫暖，她很自然地想到回饋。那麼要做些什麼呢？她想起參加活動的時候經常遇到的那些義工，他們的奉獻和支持是許多社區活動得以持續發展壯大的重要因素，這給了她啟發，於是包紫薇也加入了義工的行列。這些年來，她曾經協助社工做辦公室管理工作，也做過老人大廈的住戶代表，她還組織老年人唱歌，多年以來弦歌不斷。

做住戶代表是 9 年前的事情。當時包紫薇住在由多倫多社區房屋公司(TCHC)管理的老人大廈。為了加強與住戶的聯繫，TCHC 實行了住戶代表議會制，即每棟大廈選出 1-2 人作為代表參與管理。“衣食住行” 乃民生大計，所以圍繞 “住” 的問題往往很多。由於經費不足，各個大廈房屋及設施的維修及更新只能按需分配，這個時候居民代表就起著重要的咨議作用。在顧全大局的前提下，包紫薇為她居住的大廈爭取到了更新電爐灶和增加大廈安全監控設備的服務。在處理居民和管理員的關係方面，她總是儘量站在公平的立場上進行調和。在種族關係方面，她盡力促進不同族裔住戶之間和睦相處。每月住戶代表會議之後，她都會公佈英文和中文的會議記錄，以確保會議的公平性和透明度。在做住戶代表期間，有一件事情令包紫薇至今想起來仍感到遺憾。當時，她和房屋公司 12 區的工作人員曾經一起爭取社區上門來為她所住的大廈作醫療保健服務(其中非常重要的一項是 24 小時“救命鐘” 服務，即醫護人員常駐大廈，老人有病可隨叫隨到)，幾番努力奔走，卻因某些原因未能成功。這件事一直讓包紫薇念念不忘，她說如果能夠申請下來這項服務那麼很多行動不便的老人就能夠受益了。

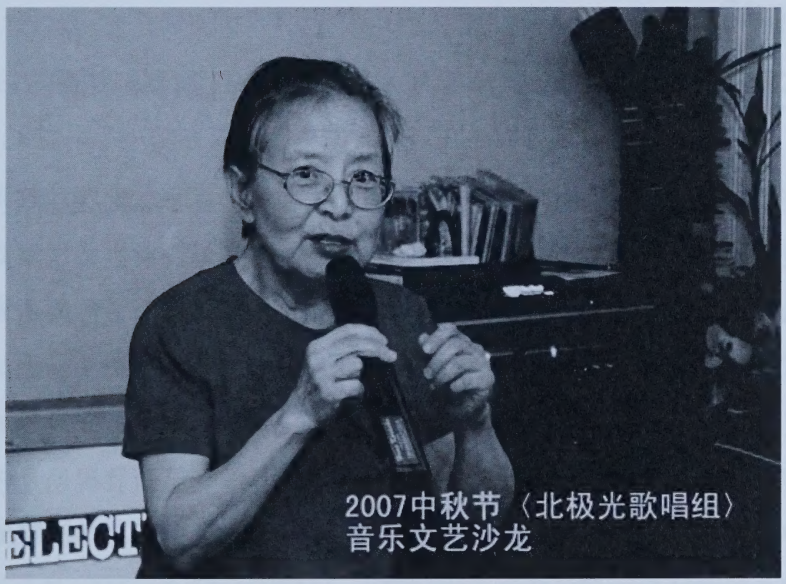
包括房屋代表在內，在所有的義務工作當中，包紫薇做得最多最久的其實是組織老年人唱歌。在活賢社國語老齡俱樂部成立的前期，包紫薇挑起了組織合唱隊的擔子。她發現幾位來參加合唱隊活動的老年朋友不管年纪多大、唱得好不好，也不管天氣如何惡劣，從不缺席。歌友們的誠懇目光和認真態度使包紫薇意識到唱歌對老人們生活的重要性，這讓她

毫不猶豫地全身心投入了這項工作。她一方面教唱歌，一方面普及樂理知識，還為大家開設了一個音樂沙龍，定期舉辦音樂欣賞，介紹中外名歌名曲和樂器。她廣泛收集資料，選節目，寫講稿，花費不亞於一個老師備課的精力。為了提高合唱隊的水平，她邀請了幾位歌唱家舉辦學習發聲方法的講座，部份隊員得到了專業歌唱訓練，這讓合唱隊的水平逐步提高起來。在社工宗小姐的大力支持之下，合唱隊經常應邀去各個社區表演，並在節慶日和一些隆重場合演唱國歌。他們參加過安省老年人文藝演出，還曾在 City TV 電視臺的 <Breakfast Television>節目當中亮相表演。包紫薇為隊友梁文畋大姐的“六人合唱組” 改編的“夜來香” 二重唱，在<人老心不老> 歌唱比賽上也獲了獎。有機會在舞台上表現自己，給老人們帶來了唱歌的動力，也讓他們在心理上得到了極大的滿足。

這一兩年來，因為年齡的關係，包紫薇感覺到組織合唱隊的事情有點力不從心，於是交了班，自己在家裡以歌會友。她和幾位歌友成立了一個“北極光老人歌唱組”(Toronto Aurora Singing Seniors)。2006 年 Community Care East York (CCEY) 的社工李姑娘將他們的歌友會推上了在城市廣場舉辦的<**華人耆老服務嘉年華**>文藝表演的舞台，他們的精彩表演贏得了掌聲一片。

現在包紫薇的歌友會已經擴大到二十幾人了，活動地點也從包紫薇家裡搬

到了房屋公司安排的排練場地。這一群老人，在輕鬆和諧的環境里，一起歌唱，一起歡笑，忘卻了年紀，拋開了煩惱，他們的生活猶如北極光一般，絢麗多姿!



包紫薇主持歌友會

“當我們聯繫譚榮德先生採訪的時候，他一再強調他是一個非常年輕的長者。我們知道這又是一位有著年輕的心和無限的熱情與能量的長者。”

為公平正義而戰

作者:李涵良

譚榮德的經歷證明了一個人可以多大程度上服務於社會。

譚榮德，1940 年出生於多倫多舊唐人街的中心。他從小就對種族歧視有深刻的親身體驗。他的父親是人頭稅的納稅人，他的母親在排華法案期間來到加拿大。當年，多倫多市政府為了修建市政廣場而征用了舊唐人街，譚榮德家位於舊唐人街的家庭餐館也未能逃過一劫。童年的譚榮德因為膚色而飽受屈辱，長大以後當他開始找工作的時候，膚色也常常成為他被拒絕的原因，曾經有僱主在面試之前表示會錄用他但是一見面發現他是中國人就改變了主意。譚榮德深深體會到了種族歧視對有色人種發展的阻礙，從此開始了不遺餘力地反對種族歧視的鬥爭，其中包括人頭稅平反運動。

人頭稅平反運動主要開展於 1984 年，這是為修建太平洋鐵路的華工而戰。當年，由於大量華工湧入加拿大，人頭稅提高了兩次，高達 500 加元，是原稅額的十倍。這種公開的排斥華人的人頭稅曾嚴重阻礙了華裔家庭的團

聚，也極不公平地剝削了華工。1923 至 1947 年，排華法案的推行更導致華人被禁止移民加拿大。作為人頭稅苦主的後代，譚榮德聯繫平權會展開了人頭稅平反運動。廣大華人團體聯合起來為人頭稅的平反奔走呼告並且收集了四千多個簽名請願。終於，在許多和譚榮德一樣的戰士的不懈努力和堅決鬥爭下，2006 年，加拿大政府對人頭稅一事正式道歉，並且提供了象征性的經濟賠償。

種族歧視不僅僅是發生在 20 世紀初，而是一直延續到 20 世紀晚期。1979 年，CTV 製作了一個被稱為“校園大平賣”的節目。此節目聲稱加拿大校園充斥了太多的移民，尤其是中國人。那些被惡意誇大的外國留學生的數字一時被當作是事實。這立即引起了加拿大華人社區的公憤。全加有很多華人社團在這一時期成立起來抵制這種種族歧視的言論。譚榮德就是其中的一員。經過艱苦的上訴和抗議，CTV 最終迫於壓力公開道歉。這是一個華人社團鍥而不舍鬥爭勝利的鼓舞人心的例子。

譚榮德先生的這種鬥爭精神也促進了多倫多華人家長聯合會的成立。面對語言和文化學習課程資金的削減，為爭取華人學生可以學到中華文化，多倫多華人家長聯合會及時地成立起來。雖然那個時譚榮德還沒有子女，他仍然積極地參與組織這個協會來促進語言和文化教育在多倫多公立學校裏面的發展。多倫多公立學校委員會對家長們的努力反映很遲鈍，就連委員會裏工作的一些中國人也不願意做出任何改變。有的人甚至說：這裏是加拿大，別費勁了，你是在白人統治的社會。” 回憶當時，譚榮德說他從來

沒有看到過如此多的華人家長們那麼生氣。雖然前進的道路頗多阻力，家長們最終還是阻止了經費削減並保證了學習語言和文化的資金。現在多倫多的 17 所公立學校都設有國語和文化歷史課程。功不可沒的多倫多華人家長聯合會依然存在，而且在幾個重要的地區都設有中心，譚榮德也已經是兩個孩子的父親了。

除了這些活動，譚榮德還不遺餘力地參與紀念中國鐵路工人基金會的活動。每一年，他和很多人都會聚集到中國鐵路工人紀念碑前來悼念為修建鐵路而死去的華工們，他們獻上花圈，銘記華工的貢獻。這已經成為一種傳統，並將繼續流傳下去。

作為多倫多舊唐人街的居民，譚榮德在紀念舊唐人街的活動中同樣扮演了不可或缺的角色。他一遍一遍地給人們講述舊唐人街是如何被市政廳廣場广场替代的故事，他充滿感情地描述著他過去的家 - 那個被噴泉取代了的家庭旅館。廣場中心的噴泉在他的眼中並不是一個替代品，而是他們的家庭餐館的紀念碑。帶著他的熱情與幽默，譚榮德主動地承擔起了教育關於舊唐人街歷史的任務。

一個人也可以改變歷史，譚榮德就是千千萬萬這些人當中的一個。儘管生在加拿大，他知道中國是他的根。作為生長在加拿大的華裔，譚榮德以幫助人們爭取更美好的生活為己任，並且毫不退縮，貫徹始終地為公平和正義而戰。

“華裔長者心聲” 論壇上小組代表發言
Group Representative presenting
in the forum

小組討論
Group Discussion

義工黃申雲先生分享感受
Volunteer Mr.Huang
Shared Experienced

"華裔長者心聲"論壇活動
“Chinese Canadian Seniors Speak
Out” Forum

“地球村俱樂部”的部分成員
“World village” Singing group

多倫多地鉄中文标註路线图

乘地鉄要点：

1. 找地鉄車站：SUBWAY 色布委
2. 确定前往目标車站的行車方向

方法：看地鉄站台上 → EAST to (依司特 吐 一向東到…) 字样
→ SOUTH to (索斯 吐 一向南到…)
→ West to (维斯特吐 一向西到…)
→ NORTH to (洛尔斯吐 一向北到…)

选定行車的东、南、西、北方向一站台

3. 上車后若一站停車时，对照本路线图观看方向对否？如果不对，赶紧下車，再換站台；

4. 如果无法判断行車方向，又找不到华人询问，可用手指"作英文请教"画人："Excuse me, How Can I get to XXX?"
(X克思米思 咪 好 砍 哎該特吐 XXX)
"請问，我要去 XXX 站应从那个站台上車？"並用手指着本图上要去的站名(或口说站名)，当对方示意后，表示："OK! Thank you!"
"哦克！三 克 优！"
"好！謝謝"

南北向的地鉄线叫 YONGE (央) 在上层，東西向的地鉄线叫 BLOOR (布洛尔) 在下层。

③ ⑪ ㉓ ㉔ ㊿ 五个站为转車站可由東西线转南北线或由南北线转東西线。

⑪站南北线站名为 BLOOR (布洛尔) ⑪站東西线站名为 YONGE (央)。

北 NORTH 洛尔斯

Finch 芬迟 ①
North York Centre 诺斯 约克 三特 ②
Sheppard 歇浪尔 ③
York Mills 约克 米尔斯 ④
Lawrence 劳伦斯 ⑤
Eglinton 爱格灵腾 ⑥
Davisville 代维斯维尔 ⑦
St. Clair 圣·克莱尔 ⑧
Summerhill 萨姆希尔 ⑨
Rosedale 罗斯代尔 ⑩
Sherbourne 歇本 ⑪
Castle Frank 卡尔索 弗兰克 ⑫
Wellesley 维尔斯利 ⑬
College 考利智 ⑭
Dundas 当的斯 ⑮
Queen 奎恩 ⑯
King 克英 ⑰
Union 无尼恩 ⑱
St. Andrew 圣安德鲁 ⑲
Osgoode 奥斯古德 ⑳
St. Patrick 圣·派吹克 ㉑
Queen's Park 奎恩斯 帕克 ㉒
Museum 姆在尔姆 ㉓
St. George 圣·乔治 ㉔
Spadina 斯巴代那 ㉕
Bathurst 巴瑟斯特 ㉖
Dupont 都朋特 ㉗
St. Clair West 圣·可莱尔 外斯特 ㉘
Eglinton West 艾格灵腾 外斯特 ㉙
Glencairn 格兰可尔因 ㉚
Lawrence West 劳伦斯外斯特 ㉛
York Dale 约克代尔 ㉜
Wilson 维尔圣 ㉝
Downsview 当斯威友尔 ㉞

Bay 贝 ㊼
Yonge 央 ㊽
Bloor 布洛尔 ㊾
Broadview 布罗德威优 ㊿ 50
Pape 配普 51
Chester 切斯特 52
Donlands 当兰斯 53
Greenwood 格林伍德 54
Coxwell 考克斯外尔 55
Woodbine 伍德百 56
Main Street 梅斯特 57
Victoria Park 维克多利亚 帕克 58
Warden 沃尔顿 59
Kennedy 肯尼迪 60
Bessarion 百色琳恩 62
Leslie 莱斯利 63
Don Mills 当米尔 64
Bayview 贝威优 61

轻铁线
Mccowan 马克考文
Scarborough Centre 斯卡堡尔圣特
Midland 米德兰
Ellesmere 艾斯梅尔
Lawrence East 劳伦斯 依斯特

西 West 维斯特

东 EAST 衣司特

南 SOUTH 索司

绘制者 孙云彩
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"青年大使"Sara, Penny採訪孫雲彩
Youth Ambassadors Sara and Penny interviewing Yuncai Sun

社區論壇
Community Forum

"青年大使" 湯喬採訪梁先生
Youth Ambassador Qiao Tang and Mr.Leung

"青年大使" 李天麟採訪Paul
Youth Ambassador and Paul